

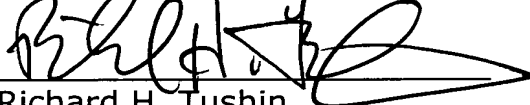
REMARKS

By this Amendment the specification has been amended on page 4 to identify the insert 12 as generally cylindrical (this is clear from Fig. 3), claim 1 has been revised to identify the invention as an actuator (not limited to furniture), and new claim 7 has been added to define the insert as generally cylindrical. Entry is requested.

Respectfully submitted,

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